

## NUTRITION COMMUNICATION

### CURRICULUM

#### Professional Master's Diploma

##### DIPLOMA REQUIREMENTS

|        | PMDip Dietetics             | Credits |
|--------|-----------------------------|---------|
| NC8300 | Population Health Promotion | 1       |
| NC8401 | Practicum Unit I            | 1       |
| NC8402 | Practicum Unit II           | 1       |
| NC8403 | Practicum Unit III          | 1       |

#### Master of Health Science

##### DEGREE REQUIREMENTS

###### First Offered Fall 2007

|        |                                    | Credits |
|--------|------------------------------------|---------|
| NC8101 | Appraising Scientific Evidence     | 1       |
| NC8102 | Individual Health Behaviour        | 1       |
| NC8103 | Nutrition Communication Strategies | 1       |
| NC8104 | Nutrition Communication Seminar    | 1       |
| NC8201 | Food and Nutrition Policy          | 1       |
| NC8209 | Knowledge Translation              | 1       |

AND one of the following Options:

###### **MAJOR RESEARCH PAPER Option:**

|                              |             |
|------------------------------|-------------|
| Major Research Paper/Project | (Milestone) |
| NC8205 Directed Studies      | 1           |

###### **ACCREDITED PRACTICUM Option: (first offered Fall 2013)\***

|                                    |   |
|------------------------------------|---|
| NC8300 Population Health Promotion | 1 |
| NC8301 Practicum I                 | 3 |
| NC8302 Practicum II                | 3 |

\* This option requires enrollment in an additional term for the second practicum (NC8302)

### COURSE LISTING

#### Major Research Paper/Project

The major research paper/project is an opportunity for students to independently investigate a particular issue or application in nutrition communication. It may be a development/testing of a nutrition communication technique or a multi-media product; an analytic project, such as a comprehensive literature review, policy or secondary data analysis. Students are required to develop a project plan for approval early in the Fall term and submit their final report at the end of the Spring/Summer term. This is a "Milestone". Pass/Fail

#### NC8101 Appraising Scientific Evidence

Emphasis will be placed on understanding how to evaluate and interpret research to make informed judgements regarding complex nutrition issues. Students will learn to interpret the tools used by scientists to measure the impact of interventions and scientific outcomes from a variety of research approaches and study designs. Students will learn how to synthesize knowledge and formulate an evidence-based position on a complex nutrition issue by conducting a systematic literature review. 1 Credit

#### NC8102 INDIVIDUAL HEALTH BEHAVIOUR

This course explores theories and constructs related to health behaviour, behavioural determinants, and behavioural change in individuals. Students will develop an understanding of biological and psychosocial processes that support or impede an individual's health and effective communication tools that promote health. Students will engage in workshops, discussions, activities, and simulations, designed to increase their readiness for dietetic competency attainment in their practicums. 1 Credit

#### NC8103 Nutrition Communication Strategies

Principles and strategies for adult education, online, and social media communication are examined and applied. Evidence and strategies for evaluating the effectiveness of online communication for health promotion are critiqued. A flexible learning approach enables students to apply communication best practices using varied channels and vehicles. Media training workshops enhance students' skills and engage them in formulating key messages, simulations, and offering constructive peer feedback. 1 Credit

**NC8104 Nutrition Communication Seminar**

A flexible learning approach is used to engage students in self-reflection and self-development practices that support their growth as resilient health professionals. Students create professional development plans and identify goals and strategies for success. Principles of universal instructional design and inclusive, accessible communication are discussed and applied. Communication skills are enhanced through opportunities for public speaking and development of creative communications. Pass/Fail. 1 Credit

**NC8201 Food and Nutrition Policy**

This course provides an overview of contemporary food and nutrition policy issues and debates. The policy development process and roles and perspectives of multiple stakeholders are explored through examinations of current policy issues. Students will develop their ability to critically examine and communicate policy issues and debates to stakeholders as food and nutrition subject matter experts. 1 Credit

**NC8205 Directed Studies**

Students arrange to work with an individual faculty member on a course designed to pursue readings in a specific area that is relevant to nutrition communication. 1 Credit

**NC8209 Knowledge Translation**

This course aims to increase students' understanding of the principles of knowledge translation. Emphasis will be placed on critical appraisal of studies including systematic literature reviews and clinical practice guidelines; and synthesis, interpretation, and communication of research results to the public and professional audiences. 1 Credit

**NC8300 POPULATION HEALTH PROMOTION**

This course provides students with opportunities to meet all population and public health competencies. Students will explore diverse dietetics roles and responsibilities in population health settings through guest speakers, assignments and an immersive community engagement capstone project. In groups, students will conduct a needs assessment, develop a nutrition focused plan, implement and evaluate their plan with the overarching goal of promoting the nutritional health of a group, community or population. 1 Credit

**NC8301 Practicum I**

This course provides students with experiential opportunities to demonstrate progressive learning as per the Integrated Competencies for Dietetic Education and Practice. A one-week orientation prepares students for full-time placements in external organizations. Additional workshops use case-based learning, simulations, online modules, to engage students in discussions that are designed to integrate learning, identify strategies to resolve problems, and demonstrate a collegial approach to professional practice. 3 Credits

**NC8302 Practicum II**

This course provides students with experiential opportunities to demonstrate progressive learning as per the Integrated Competencies for Dietetic Education and Practice. A one-week orientation prepares students for full-time placements in external organizations. Additional workshops use case-based learning, simulations, online modules, to engage students in discussions to integrate learning, identify strategies to resolve problems, and demonstrate a collegial approach to professional practice. Prerequisite: NC8301 3 Credits

**NC8401 Practicum Unit I**

Based on the progressive model of competency attainment, this course provides students with structured experiences to build on their previous experiential learning by adding depth and breadth to their learning. Students will integrate knowledge and skills while demonstrating their competence as defined by the Integrated Competencies for Dietetic Education and Practice. Pass/Fail 1 Credit

**NC8402 Practicum Unit II**

Based on the progressive model of competency attainment, this course provides students with structured experiences to build on their previous experiential learning by adding depth and breadth to their learning. Students will integrate knowledge and skills while demonstrating their competence as defined by the Integrated Competencies for Dietetic Education and Practice. Pass/Fail 1 Credit

**NC8403 Practicum Unit III**

Based on the progressive model of competency attainment, this course provides students with structured experiences to build on their previous experiential learning by adding depth and breadth to their learning. Students will integrate knowledge and skills while demonstrating their competence as defined by the Integrated Competencies for Dietetic Education and Practice. Pass/Fail 1 Credit

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